



# 6. Unnaer Walking-Day

Unna / 15.06.2008

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**Ponomarenko, Werner**

□□□: 1:49:07

□□: Turbo-Schnecken Lüdenscheid

□□: 9.35 km/h

□□: 778

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 185 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:07	00:36	00:36
Kontrolle	12.3	7.0	10:31	01:01	00:24
□□	17.0	4.7	11:19	01:49	00:47